



Cloverleaf

Pinellas County
4-H

Holiday Edition 2007
Volume 5- Issue 5

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Hot Topics

State Fair Deadlines Loom

So you want to enter the State Fair with your animal, art, craft, plant, or recipe. NOW is the time to get your entry paperwork in.

December 7, 2007

- Open and Youth Beef
- Open and Youth Dairy
- Youth Sheep
- Youth Poultry and Egg
- 4-H Dog
- Youth Llama
- Open Pygmy Goat

December 14, 2007

- All Family Living Competitions



January 2, 2008

- Open and Youth Goat

January 4, 2008

- Open and Youth Rabbit
- Purebred Poultry
- Open Boer Goat

District Christmas Party

District Nine County Council will be hosting their District Christmas party December 14th. The party will be at the Pinellas County Extension from 6:00 pm - 9:00 pm. Tickets cost \$5 per family and each family is to bring a potluck dish that serves 8-10 people. To make sure they have enough of each kind of food the Council has assigned dishes alphabetically by last name.

A-G salads or side dishes

H-Q main courses

R-Z desserts



The evening will end with a tour of the holiday lights in the Botanical Gardens. To get tickets contact Margaret at 582-2263 or email mdeller@pinellascounty.org.



Hot Topics cont...

Thank You to Our Volunteers



On October 6th, 4-H again successfully partnered with the Master Gardener Plant Sale Committee to provide assistance to plant sale shoppers. Members of the 4-H Community Grants Board, Ambassadors, Ochs Garden, Maranatha, and Crazy 4 Canines clubs and their parents, carried plants, loaded cars, handed out maps, and assisted as needed. A representative of the MG Plant Sale Committee praised all the volunteers for their tireless efforts and smiling faces.

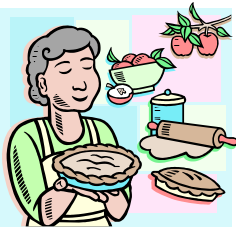
Thank you to Julia, Bill, and Lori Green, Ben Moore, Jessica and Lynne Bandoni, Addison and Janice Gurvitz, Matt Healy, Caleb and Joshua Holman, and Jennifer and Jill Galiano for representing 4-H so well.

Open House Success

On November 17, the Pinellas County 4-H Office held its second annual Open House and Apple Cook-off. District Nine County Council President Sean Russell started the day with a presentation to our new County Council. We presented Sean with \$112.88 collected by the Heart and Hooves Saddles Club for the Change Wars.

The horse clubs joined together and provided two activities to learn about horse breeds and what horses eat. The Pony Pals also provided a craft activity where participants made their own miniature pony. The Crazy 4 Canines Club sold their homemade dog treats. The Kyoyo Club demonstrated Japanese art. At the Average Joes' booth, visitors learned about Newton's Laws and rocketry, from the Rockets Away project book. The 4-Him 4-H club manned the Consumer Choices booth. 4-H20 had a popular booth that allowed youth to hold a live chicken and help build a new chicken tractor. F.A.I.T.H. 4-H taught visitors about the 4-H marine program.

Other clubs and volunteers presented workshops. The Willis family, of the Ochs 4-H Garden Club gave a workshop on how to make apple granola. The Nutrition Team prepared sautéed apples and sponge cake. The Ambassadors presented a workshop on public speaking. 4-H volunteer Kathleen Anthony showed how to make better visual aids. 4-H alumni Ben Wrobel gave two workshops; one on Lego robotics and the other on making and launching 2-liter bottle rockets from Rockets Away.



The Apple Cook-off attracted fifteen entries. The winners were as follows:

Youth: Jessica Bandoni	Ochs 4-H Garden Club
Family: Brandon and Tanya Poruba	Ochs 4-H Garden Club
Adult: Monica Wrobel 4-H Alumni	
Healthy: Karen Saley	

Thank you to our judges: Carol Cortright, Terry Berube, and Dick Berube

We would also like to extend a special thank you to our Extreme Makeover Gingerbread House Edition judges; 4-H Foundation Director Jim Brydon, Keith Deller, and Patricia Phetteplace.



A New Year and a New Look

As they say, "Out with the old and in with the new!" Starting with the January edition, the Cloverleaf will be sporting a new look. Look for a brighter, more colorful version of our old friend. More colors will mean more photos of all the things we do. The Cloverleaf will take advantage of our new technology and direct you to the 4-H website for more in-depth articles, registration forms, and pictures.

Hot Topics cont...



We are inviting clubs to send us your pictures of 4-H activities and events. Photos need to be high resolution to be used on the web site.

We hope you will enjoy (and read) the latest version of the 4-H Cloverleaf. Let us know what you think!

Become a Food & Nutrition Master Volunteer to Lead the Way to a Healthier Community *Information Sessions Set for Thursday, Dec. 6*

Does educating others about nutrition, fitness, wellness and culinary arts in a fun environment sound like time worth savoring? If so, applying to become a *Food & Nutrition Master Volunteer* is the perfect way to satisfy that craving. Pinellas County Extension Master Volunteer University is offering a recipe for volunteerism success that blends equal parts of fun and enthusiasm with top-notch training.

Two free information sessions are scheduled for Thursday, Dec. 6, at 2 and 6 p.m. to let people know about the exclusive program. Both sessions will be held at Pinellas County Extension located at 12520 Ulmerton Road in Largo. If rolling up your sleeves to help others take on a healthier lifestyle sounds like fun, register for a session. Be sure to call (727) 582-2122 by Tuesday, Dec. 4. However, you don't have to attend a session to learn more or apply for Master Volunteer University.

Those interested in serving as *Food & Nutrition Master Volunteers* must submit an application by Wednesday, Jan. 2, 2008. To get one, visit Extension online at www.pinellascounty.org/extension or call (727) 582-2122. An interview process is on tap for January, and 25 people will be selected to participate.

To rise to the level of a *Food & Nutrition Master Volunteer*, participants take a 40-hour training program developed by Extension experts. Training classes begin Jan. 23 and wrap up March 26, 2008. Classes will be spiced up with lectures, workshops, demonstrations and field trips to give volunteers all the tools and techniques for success.

The \$75 training fee covers class supplies and course materials including the book, *American Dietetic Association Complete Food and Nutrition Guide*. Hot training topics will include understanding the food pyramid, the truth about carbs, facts about fiber and tips on how to best prepare food. Supermarket savvy means a trip to the grocery store.

Food & Nutrition Master Volunteers will have the chance to take their culinary passion and nutritional expertise into the community. They will participate in senior programs, diabetes and wellness programs, health fairs as well as food and culinary demos. Volunteers will also help build healthy families by participating in 4-H youth development and after school programs.

Showing families that cooking can be easy and nutrition not complicated are the centerpieces of Master Volunteer University. A passion for wellness can go along way towards motivating families to give healthier eating habits a try. Shattering nutrition myths and saving money by spending less on fast foods are important ingredients too.

The *Food & Nutrition Master Volunteer* program is part of the Pinellas County Extension Master Volunteer University and is a partnership between County Extension Family and Consumer Sciences and the 4-H Youth Development.

If giving the gift of a healthier lifestyle to Pinellas County residents inspires you to learn more, call (727) 582-2463 for more information or (727) 582-2122 to register for the free information session Dec. 6.

4-H Clubs



Enrollments! Get Your Enrollments In!

Have you turned in your enrollment forms in to your leader?

Forms need to be completed and turned in with your \$10 enrollment fee as soon as possible.

Without enrollment forms you can not participate in 4-H activities!

Leadership Adventure Weekends

Are you an intermediate (11-13) or senior (14-18) 4-H'er? Do you like to meet other youth from around the state? Do you like leadership and want to share your skills with others? Then the Leadership Adventure weekends are for you. 4-H'ers will also learn more about 4-H opportunities, effective communication, and how to be an effective member of a team. It is a fun learning experience that you definitely do not want to miss!

Intermediate LAW is February 1-3, 2008 at Camp Cloverleaf. It will be run like a District Congress.

Senior LAW is January 25-27, 2008 at Camp Ocala. Seniors will learn skills needed to organize a District Congress.

The cost for either event is \$75. Registration forms are available at the 4-H office or online at <http://florida4h.org/events/LAW.shtml>. All forms and fees are due to the Pinellas County 4-H Office by December 22, 2007.

Be on the Lookout for County Council Information

Have you heard about the County Council? It is a great way for clubs to network and youth to learn advanced leadership skills. We would like the president and vice president of every club to join. All other club members are welcome to attend as well. The next meeting will be in January. Check your emails and the website for the date announcement.

4-H Foundation Station

Thank you to everyone who helped on the Apple/Pecan sale distribution, from the four days at the Ochs to the two days at Market in the Park. This fall the Foundation has gained 12 new members, which have been a big asset to the organization. We look forward to working with them and the current members on all of our upcoming projects.

Julia Burton President



4-H Family

Ask 4-H Family Holiday Family Fun That Won't Break the Bank

Question: During the holidays I tend to over spend. Do you have any suggestions on what we can do as a family that won't break the bank?

Answer: Celebrating family is something we do all year-long through birthdays, anniversaries, and graduations. During the holidays we sometimes find ourselves over spending on gifts, food, and entertainment. However, there are ways to enjoy our families and friends with little or no cost. Here is a short list of ideas that you can try this holiday season. *Courtesy of Glen Jensen, Utah State University Extension Family and Human Development Specialist*



Join other families in your neighborhood for a "sing in" of favorite Christmas songs. Singing is something in which everyone can participate regardless of age. Invite each family to bring a food treat to share with others.



Video or audio record when loved ones are together, hold an "I Remember When" session encouraging each person to recall and share significant events and memories that have been meaningful to you and other family members. A video or audio recording of such a session can become priceless.



Take a walk around in your communities that have festive Christmas decorations. Christmas decorations are better enjoyed standing next to them. Enjoy the beauty that others have provided.



Invite someone who may not have family members close by to join you and others for a meal and some conversation during the holiday season.

REMEMBER

Digital Camera \$400

WII Nintendo \$600

Making Family Memories Priceless!

Submit your questions to "Ask 4-H Family" at vcrayton@pinellascounty.org.

If you would like to participate in one of the 4-H Family programs, please call (727) 582-2450.



4-H FAMILY
builds strong families
and strong communities

4-H Community Service Grants

It is that time of year again! The holiday season is in full swing. With all of the preparation and festivities I thought it might be helpful to share a few tips to make it a healthier and less stressed time for the whole family. We have to remember that being healthy is not just eating right and staying active it also includes your mental health. I found these great tips on the American Heart Association website. Hope they help your holiday season to be a bit more stress free and enjoyable.

Tips in the Kitchen...

- Cut down on saturated fat in creamy dressings by mixing in some nonfat or low-fat plain yogurt.
- Use non-stick cookware so you can cook with a minimum of oil or vegetable oil spray.
- For a wonderful flavor enhancer, sprinkle food with vinegar or citrus juice. Add it at the last minute so the flavor is at its strongest.
- Substitute chopped vegetables for some of the bread in your stuffing recipe.
- Take time to enjoy the holiday season with family and friends. Gather around the fire to enjoy lower fat hot chocolate and share favorite holiday memories.
- Offer vegetables in addition to traditional side dishes such as stuffing or mashed potatoes at your holiday meals.

When attending parties and holiday gatherings ...

- Don't starve yourself the day of the party so you can fill up on food that evening. If you eat normally throughout the day, you're much less likely to overeat at the party.
- Remember: The point of holiday gatherings is to celebrate, not to eat. Mingle with friends and loved ones instead of hovering around the buffet table.
- Don't load up at the buffet table. Keep portion sizes small by putting your snacks on a small plate instead of a large one and limiting your trips to the buffet.
- Wait 20 minutes before getting another plate of food from the buffet. You'll often find that you're no longer hungry.

Now for the soul...

- A 15-minute nap can work wonders to help get you going. Many people simply do not get enough sleep and hit the wall at a certain time during the day. Taking a few minutes out to rest will leave you feeling refreshed soon after you get up. Listening to music is another great way to lift your mood and get you going, especially upbeat kinds of music that you enjoy.
- Another way to keep stress at a minimum is to lower your expectations about holidays. Ask for help to lighten your holiday schedule.
- Giving back is also a great way for the whole family to feel good and make a difference in the community. According to the Corporation of National & Community Service, volunteering is proven to be beneficial to your mental health. There are many local organizations that need extra help to make everyone's holidays special. This is also a great opportunity to spend family time together.
- Don't forget to get out there and be active. Include physical activity on a daily basis by playing games, plan family outings, or take a walk after dinner to look at Holiday lights. Burning calories is a great way to release stress.

Source: www.americanheart.org

4-H Family & Friends Days

Thursday, January 17 or Friday, January 18, 2008

(Saturday, January 19 or Sunday, January 20 available on request)



Orders received by 1/14/08..... **\$16** plus tax

1/15/08 - Day of event..... **\$20** plus tax

includes:

- DAYTONA 500 Experience admission
- Speedway Tour
- NASCAR 3D: The IMAX Experience
- Hot Dog & Small Soda Voucher
- 15% OFF Pit Shop Merchandise Coupon
- DAYTONA SpeedPlay tokens
- New Car of Tomorrow on display
- On track: NASCAR testing (weather permitting)

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Ticket Order Form - DAYTONA 500 Experience 4-H FAMILY & FRIENDS DAYS

Name: _____

Organization: _____

Address: _____

City/State/Zip _____

E-mail: _____

Phone: _____

VISA MASTER CARD DISCOVER CHECK (please make check payable to DAYTONA 500 Experience)

Credit Card Number: _____ Exp. Date: _____

Name on Credit Card: _____ Signature: _____

DATE	# of Tix.	X	PRICE	=	TOTAL
1/17/08		x	\$17.04 incl. tax	=	
1/18/08		x	\$17.04 incl. tax	=	
PROCESSING FEE				=	\$1.50
TOTAL AMOUNT				=	

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4-H Calendar



*Nov. 30-Dec. 2	Second Executive Board @ Camp Ocala	*January 4	Cloverleaf News Due	*February 9 & 16	4-H Day @ Florida State Fair/Tampa, FL
*December 3	Recycled Art Workshop @ PCE/6:30-8:30 p.m.	*January 17	Community Service Grants Board Mtg./6:30-8:30 p.m.	*February 22	Night of the Arts @ The Music Gallery/7:00 p.m.
*December 5	Cloverleaf News Due	*January 21	Martin Luther King Day 4-H Office Closed	*March 5	Cloverleaf News Due
*December 8	Horse Judging School in Gainesville	*January 25-27	Senior L.A.W. @ Camp Ocala	*March 10,	Consumer Choices Wkshp. @ PCE/6:30-8:30 p.m.
*December 10	Recycled Art Workshop @ PCE/6:30-8:30 p.m.	*January 29	Tropicana Final @ PCE	*March 12	4-H Day at the Capitol Tallahassee, FL.
*December 21	Tropicana Winners Due	*February 1-3	Intermediate L.A.W. @ Camp Cloverleaf	*March 14-16	Third Executive Board @ Elks Camp/Ocala National Forest
*December 24-25	Christmas 4-H Office Closed	*February 5	4-H Advisory @ PCE 6:30-8:00 p.m.	*March 15	Demonstration Day @ PCE 9:00 a.m.
*Dec. 31-Jan. 1	New Years 4-H Office Closed	*February 5	Cloverleaf News Due		

Janet E. Golden

Janet Golden, 4-H Program Leader

Jean Rogalsky

Jean Rogalsky, 4-H Agent

Elizabeth Tobias

Elizabeth Tobias, 4-H Agent



Pinellas County 4-H Youth Development

4-H is a community of young people across America who are learning leadership, citizenship, and life skills.

IFAS/University of Florida
Pinellas County Extension
12520 Ulmerton Rd.
Largo FL. 33774-3602

Phone: 727-582-2215
Fax: 727-582-2262

County website: www.pinellascounty.org/extension
State website: www.4h.ifas.ufl.edu

The
Power
of Youth

Making the best better!

The 4-H mission is to empower youth to reach their fullest potential working and learning in partnership with adults.

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